

Harmony School of Excellence- Breakfast

AUG

MENU 2022

GEAR UP FOR S.T.E.M



ANNOUNCEMENTS:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST

Muffin
Cracker
Fruit
Milk

2ND

Waffles
Syrup
Fruit/Juice
Milk

3RD

Egg w/Chorizo
WW Bread
Fruit/Juice
Milk

4TH

Egg w/Chorizo
WW Bread
Fruit/Juice
Milk

5TH

Cereal
Toast Bread
Banana Fresh
Milk

8TH

Muffin
Cracker
Fruit
Milk

9TH

Waffles
Syrup
Fruit/Juice
Milk

10TH

Egg w/Chorizo
WW Bread
Fruit/Juice
Milk

11TH

Yogurt
Granola
Fruit/Juice
Milk

12TH

Cereal
Toast Bread
Banana Fresh
Milk

15TH

Waffles
Syrup
Fruit/Juice
Milk

16TH

Rice Pudding
Toasted Bread
Banana Fresh
Juice/Milk

17TH

Yogurt
Granola
Fruit/Juice
Milk

18TH

French Toast
Syrup
Fruit/Juice
Milk

19TH

Cold Cereal
Banana Fresh
Juice/Milk

22ND

Concha
White or Chocolate
Fruit/ Juice
Milk

23RD

Egg w/Turkey
2 WW Bread
Banana Fresh
Juice/Milk

24TH

Pancakes
Syrup
Fruit/Juice
Milk

25TH

Grilled Cheese
w/Ham
WW Bread
Fruit/Juice/Milk

26TH

Cold Cereal
Banana Fruit
Juice/Milk

29TH

Yogurt
Granola
Fruit/Juice
Milk

30TH

Oatmeal
Toasted Bread
Banana Fresh
Juice/Milk

31ST

Egg w/Chorizo
2 WW Bread
Fruit/Juice
Milk



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 8/1/2022
www.SquareMeals.org

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ANNOUNCEMENTS:

MONDAY

1ST
Pop corn Chicken
Salad
Bread/Fruit
Milk

8TH
Pop corn Chicken
Salad
Bread/Fruit
Milk

15TH
Hot Dogs
Chili Beans
Cucumbers
Mustard, Ketchup
Fruit/Milk

22ND
Corn Dog
French Fries
Baby Carrots
2 Ketchup
Fruit/ Milk

29TH
Crispy Tacos
Mexican Rice
Lettuce & Tomato
Salsa
Fruit/ Milk

TUESDAY

2ND
Ham & Cheese sand
Baby Carrots
Chips
Fruit/Milk

9TH
Ham & Cheese sand
Baby Carrots
Chips
Fruit/Milk

16TH
Picadillo Stew
Mexican Rice
Mixed Veggies
Corn Chips
Fruit/ Milk

23RD
Spaghetti and Meat Sauce
WW Bread
Tossed Salad
Fruit
Milk

30TH
Chicken Teriyaki
White Rice
Steamed Corn
Corn Chips
Fruit/Milk

WEDNESDAY

3RD
Chicken Fingers
WW Bread
Steam Corn
Fruit/Milk

10TH
Chicken Fingers
WW Bread
Steam Corn
Fruit/Milk

17TH
Popcorn Chicken
Baby Carrots
Mashed Potatoes
WW Bread
Ketchup
Fruit/ Milk

24TH
Chicken Fingers
Steamed Corn
WW Bread
Ketchup
Fruit/ Milk

31ST
Meatballs Baguette
Steamed Carrots
Fruit
Milk

THURSDAY

4TH
Hot Dog Chili
Beans/Ketchup
Cucumbers
Milk/Fruit

11TH
Hot Dog
Chili Beans/Ketchup
Cucumbers
Milk/Fruit

18TH
Pasta Casserole
Steamed Corn
WW Bread
Fruit
Milk

25TH
Cheeseburger
French Fries
Lettuce & Tomato
Mayo, Mustard, Ketchup
Fruit/ Milk

FRIDAY

5TH
Peperoni Pizza
Tossed Salad
Ranch dressing
Milk/Fruit

12TH
Peperoni Pizza
Tossed Salad
Ranch dressing
Milk/Fruit

19TH
Peperoni Pizza
Tossed Salad
Ranch Dressing
Fruit
Milk

26TH
Supreme Nachos
W/Beef & Beans
Tossed Salad
Salsa
Fruit/Milk



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